

Bananas could be lost forever

Belgian scientists have discovered that the potassium-enriched fruit is in danger.



Life 15

Monday, March 3, 2003

Spoke

Congestoga College, Kitchener

Meet the nominees

The campaign is on in the race for CSI executive staff.

News 10 and 11

Find out what your dreams mean

Psychic Dan Valkos interprets the symbolism in dreams.

Feature 17

34th Year — No. 8

Congestoga College and OPP pair up

By NICOLE CHILDS

A budding new partnership is upon us with the signing of an agreement between the Ontario Provincial Police and Congestoga College Institute of Technology and Advanced Learning Feb. 13 in the Guild room of the Student Client Services building.

College president John Tibbits and chief superintendent Tony Parkin, regional commander of the Ontario Provincial Police (OPP) Western Region, signed the agreement, which will benefit both the college's law enforcement programs and the OPP.

Students are already benefiting from the knowledge of two officers currently teaching classes at the college. OPP personnel who wish to upgrade their studies will benefit from the use of the college's educational resources.

Both Parkin and Tibbits are excited about the partnership. During his speech, Tibbits expressed his satisfaction concerning the partnership saying, "We are where we are because of partnerships ... you can't move ahead successfully unless you have solid partners supporting you."

While nothing is set in stone yet, Tibbits is hoping that the partnership will not only improve the curriculum and quality of education in the law enforcement programs, but will also lead the way to making it an applied degree program.

Normally it is the quality assurance board which determines the need in the industry and decides whether or not to provide applied degrees in a program. According to Tibbits, having the agreement with



(Photo by Nicole Childs)

Bill Jeffrey (left to right) and Brad Seltzer sign as witnesses to the partnership agreement already signed by OPP chief superintendent Tony Parkin and college president John Tibbits.

the OPP and having them working with the college on curriculum will go a long way towards making applied degrees available.

Parkin is also pleased with the agreement, saying, "There are numerous benefits to this partnership that we look forward to." He sees it as an opportunity for the OPP to interact with a broader sector of the community and benefit from the college's resources.

"I believe that the OPP and Congestoga College are strongly committed to building a successful

and mutually beneficial partnership," said Parkin.

He is also hopeful that the partnership will help promote the OPP and provide exposure. This could lead to more people thinking of them as a policing service that they would like to join.

One of the major benefits to the OPP will be the use of the college's resources. "It allows the OPP a professional environment for educating and training our uniformed and civilian members," said Parkin.

While the OPP provides mandated training in areas such as use of force, use of a firearm and first aid, there are only so many courses and more people than there is room for. Parkin sees the partnership as a chance to provide more opportunities for learning and development and satisfy everyone's needs.

According to Tibbits, plans with the Waterloo Regional Police to build an on-site police training facility are not dead, just on hold. He is hoping that the partnership with the

OPP will act as a catalyst to get that type of thinking going again.

Because of the continuous exchange of teaching expertise, training resources and methodologies from both organizations, each will have the benefit of the other's experience.

"We have highly skilled, well-trained officers that can bring real-life experience to the classrooms," added Parkin.

According to Chrystal Kenny, a representative for the second-year law and security students at the ceremony, having OPP officers teach in some of her classes is beneficial because it brings real experience to the classes.

"They don't just go by the book, they teach it first-hand," stated Kenny, adding, "OPP covers all of Ontario so they have a grasp of the whole area, not just Waterloo."

Both partners have agreed to establish a planning committee to analyse the short-term and long-term needs and goals of everyone concerned.

Congestoga is not the only college to have an agreement with the OPP. Humber has a similar arrangement and Tibbits foresees a possible partnership between the two colleges and the OPP.

Congestoga offers a police foundations program and a law and security administrative program, both full-time programs with an enrollment of nearly 400 students. It also offers a part-time law enforcement and investigation program as well as a number of related programs. Being one of the largest programs within the college, it has a good chance of achieving applied-degree status.

Reuse plastic water bottles at your own risk

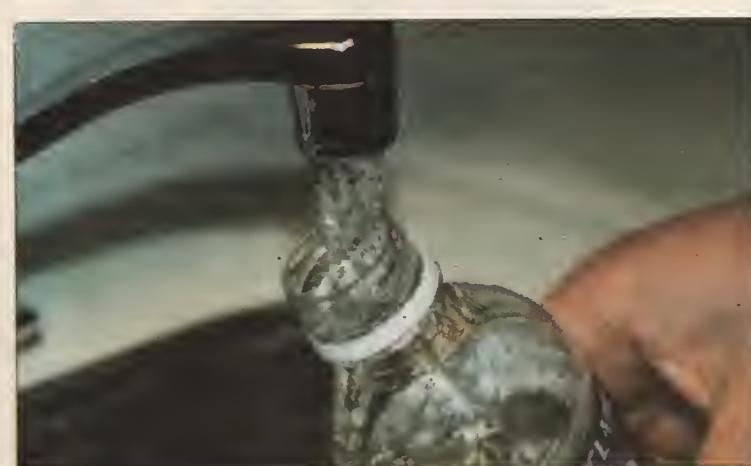
By STACEY McCARTHY

Results from a new study by the University of Calgary shows those trying to help the environment by reusing plastic water bottles may be risking their health in the process.

An examination of water bottles at a Calgary elementary school found about a third contained dangerous bacteria sufficient to cause boil-water advisories, had the samples come from a tap. Some water samples also contained toxic plastic compounds and evidence of fecal matter.

The bacteria in the samples likely came from children's hands and mouths over time as they repeatedly used the same bottle. The danger stems from improper washing and drying methods, says Cathy Ryan, the University of Calgary professor who authored the study.

Not even allowing bottles to air-dry kills all bacteria, says Lynn Burley, a quality assurance representative at Aberfoyle Springs.



(Photo by Stacey McCarthy)

Drinking from a reused water bottle could be hazardous to your health.

"Bacteria from the mouth and hands enter the bottle and a biofilm forms inside despite washing."

After the Calgary results, a subsequent study in the United States found the frequent, thorough washing that would eliminate harmful bacteria can lead to other problems.

It might help to speed the deterioration of the bottles' plastic, causing toxic chemicals to leak into the liquid contents. This is because many single-use bottles are made of a common plastic called polyethylene terephthalate, which is known to break down over time.

releasing toxins.

"It's impossible to sterilize these bottles because they can't be subjected to hot temperatures and harsh chemicals," says Burley. "It helps to speed possible breakdown of the plastic."

One of the plastic toxins found in several of the U.S. samples was DEHA, a carcinogen. Excessive amounts of DEHA have been found to cause liver problems, weight loss and possible reproductive difficulties. It has also been linked to cancer in humans.

Margrit von Braun, the University of Idaho professor behind the U.S. study, said she was surprised to discover how widespread water bottle reuse is and how often some individuals use the same bottle.

"A lot of people use them for weeks, and sometimes months, literally until it's leaking," she says. One student at the university had been reusing the same bottle for more than six months.

The possible contamination is a

public health concern, says Alan Charette, an associate at the Canadian Food Inspection Agency (CFIA). "But that's unfortunately not an element for our organization. We deal only with labelling and issuing statements."

Charette says the CFIA is mainly responsible for ensuring proper manufacturing processes and what happens to the bottles after is the consumer's area. "But while we encourage minimizing littering and maximizing recycling, we are also concerned about the public's safety reusing these bottles."

The Canadian Bottled Water Association recommends against reusing water bottles. It says single-use bottles should be recycled afterwards, not reused.

People are unable to properly sterilize the bottles at home, and the industry doesn't evaluate the safety of the bottles for multiple uses, said Elizabeth Griswold, executive director of the Canadian Bottled Water Association.

New degree programs not open to everyone

By JASON MIDDLETON

Not everyone is celebrating Conestoga College's new ITAL designation, and its degree-granting status.

On Feb. 10 Conestoga became an institute of technology and advanced learning (ITAL), meaning 15 per cent of the programs can now offer applied degrees.

However, international students will not be eligible to enrol in the applied degree programs.

Ron Simmons, vice-president of corporate development and marketing, said, "For the first few years the applied degree programs will be closed to international students and only available to Canadian students. "It may be re-examined in the future.

"These programs are initially developed and funded by the government for Canadians," Simmons explained.

"We're trying to improve Canadian skill levels at home. We have a big shortage of highly skilled people. I think initially, until we get to a point where we think we're providing those people for the economy, they (the degree programs) should be for Canadian students."

Initially the applied degree classes will only have 30 students.

Simmons said that when course sizes in the degree programs get larger they probably will open it up

to international students.

Conestoga students had mixed feelings about the decision to exclude international students from the applied degree programs.

Alex Liu, 19, an English as a second language student from China, said, "I think the international students should have a chance to get into the programs because Canadian students have it and it's not very fair."

Mindy Bergstein, 22, an early childhood education student, said, "I think it's discrimination against other students who want to come here to learn. They come here specifically to learn and now they're being held back because they're from another country."

Brad Fritz, 22, a first-year computer-programming analyst, disagrees.

"I guess with the Canadian economy where it is I think it's a good idea. You kind of want your Canadian skills to be built up. As a country you want to see your country prosper more so than other countries. If people from another country were to stick around and work as Canadian citizens, I think that's just as good."



Bergstein



Fritz



Liu

Franchising not easy

By MICHELLE TAYLOR

It takes a certain type of person to own a store or restaurant franchise.

Dan Brown, owner of the Kernels in Guelph's Stone Road Mall, has an outgoing personality which helps him successfully maintain his business.

Kernels is a Canadian popcorn business which currently has 67 stores operated across seven provinces.

Brown became interested in franchising more than 14 years ago. "I was looking for something novel, something that wasn't on every corner."

That's when he came across Kernels. To Brown it was something unique. "(Kernels) was relatively new back then, so I went to numerous locations just to watch and see if it would succeed."

Brown researched the chain extensively. He had to learn about the products and "get a feel" for the store. "Over the years it caught my interest and kept growing," he said.

He eventually approached Kernels about franchising a store. "One day, out of the blue, I received a call." After that there were interviews with managers, financial inquiries and training.

Almost five years after his first research and interest in Kernels began, Brown opened up his first store in Stone Road Mall in November 1989. Over the years, he would own stores in Kitchener's Fairview Park Mall and Waterloo's Conestoga Mall. Currently he runs only Stone Road Mall's Kernels.

He said there is a possibility he may open another one within the next year or two.

When Brown opened his first Kernels it cost about \$145,000. This was because Kernels was offering stores which were built

into the walls like any store in a mall. Therefore, there were walls and ceilings to be built. There was a \$25,000 franchise fee on top of that as well.

Currently, Guelph's Kernels is a kiosk in the middle of a hallway in the mall. This is the way most new Kernels are built.

According to the Kernels' Web site, it costs \$125,000 to open one of these kiosks. If that's too expensive, Kernels offers carts, smaller versions of kiosks and stores, for use at airports or university campuses. These run between \$35,000 and \$40,000.

Although Brown took numerous management courses and was experienced in sales before he opened a Kernels, this popcorn industry states on its Web site that there is no special education required to franchise a store. "We only require extraordinary people, committed to selling extraordinary popcorn and serving it up with extraordinary service."

Franchising a store isn't easy. Brown has put a lot of work into his store over the years. "It becomes a seven-day-a-week business," he said.

However, he has enjoyed working for Kernels. "It gave me an opportunity to have a very unique product."

Brown said the next step for him is to be completely on his own. He cautions that franchising can be difficult for someone with strong entrepreneurial desires because there are company guidelines you must adhere to. He stressed that franchising is a "very good way to go," but you have to be careful and do a lot of investigating before you jump into just anything. "People try to go for the bigger companies just for the name, like McDonald's for example."

If you are thinking about going bigger, leading companies such as

Tim Hortons and McDonald's offer franchising opportunities as well. But, they don't come cheap.

According to McDonald's corporate Web site, McDonald's relies on franchising for its success. Seventy per cent of its restaurants are independently "operated."

If you're interested in joining the McDonald's franchising team expect to empty your pockets. New McDonald's restaurants cost between \$450,000 and \$770,000 US. Size, location, landscaping and interior design are just a few things which affect the price.

Even if you have the money, McDonald's doesn't allow just anyone to open one of its restaurants. Qualifications McDonald's seeks in a potential franchisee include: high personal integrity, a proven ability to motivate and train people, the ability to manage finances, a willingness to complete a comprehensive training program and, most importantly, you must be totally involved in the day-to-day operation of the restaurant.

For those of you who wish to franchise an original Canadian company, Tim Hortons offers opportunities for people with some money to spend.

According to the Tim Hortons Web site, it cost \$375,000 to \$425,000 to franchise a Tim Hortons. There is also an additional \$50,000 start-up fee. You must have approximately \$128,000 in cash or liquid assets to consider franchising.

The franchise price includes: all equipment, furniture, display equipment, eight-week training program, a store opening crew, the right to use trademarks and trade names and knowledgeable support from head office personnel.

The building and the property which it stands on are not included in the franchise cost.

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Deadline for applications is April 4, 2003.

Conestoga's new name well received by students

By DENIS LANGLOIS

Conestoga reached a milestone on Feb. 10 when it became Conestoga College Institute of Technology and Advanced Learning.

The new designation means up to 15 per cent of Conestoga's programs can offer applied degrees.

The announcement of the new and much longer name has raised some concerns from the college population. Spoke recently went to students and staff to hear their opinion of the new name.

Karyn Liutski, a first-



Liutski

year general arts and science student, said the new name sounds more sophisticated and professional.

"It just sounds better," she said. "It doesn't seem like we just go to a college, it sounds more specialized than that."

She said the new name might improve the way employers see Conestoga's students when they apply for a job.

First-year financial planning student Scott MacKinnon said he also likes the new name because it sounds more distinguished.

MacKinnon

She said being referred to as a

polytechnic institute would be a better choice, but the new name is good enough.

"It sounds more sophisticated," she said.

But some students have a different opinion of Conestoga's new title.

Michelle Schaffer, a third-year architecture student, said she is impressed and pleased with Conestoga's new name.

"I think the new title will look good in the industry's eyes," she said. "I think it's definitely an improvement."

She said being referred to as a

polytechnic institute would be a better choice, but the new name is good enough.

"It sounds more sophisticated," she said.

Jon Olinski, president of Conestoga Students Inc. (CSI), said although the name may sound slightly awkward, it's an appropriate title.

"When you apply for a job, it increases the perception of what our college is all about," he said.

According to Olinski, the new name also gives the general population a better idea of what Conestoga offers.

"The name they have now is more clear to everyone because it shows we offer more than just regular programs," he said.

Conestoga offers education in trades should be included in the title.

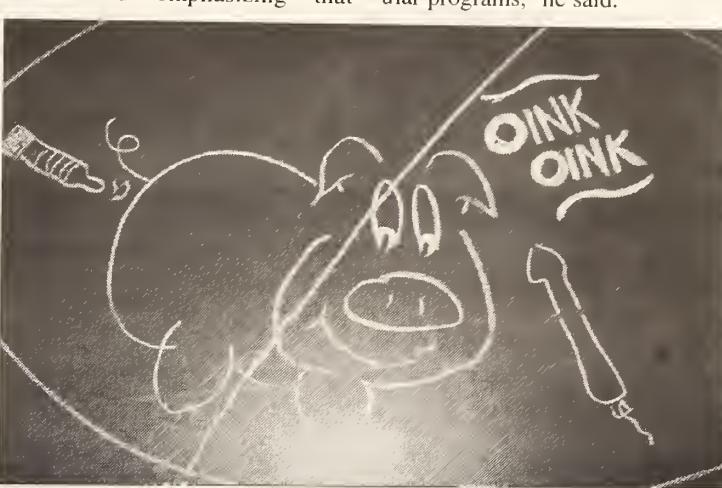
"Just calling it Conestoga College and Trades would be a good name," she said.

LeBlanc

Michelle Schaffer, a third-year architecture student, said she is impressed and pleased with Conestoga's new name.

"I think it's kind of tacky because I don't like being part of an institute," she said. "People will say I'm not qualified because I'm in an institution."

She said emphasizing that



(Photo by Tori Sutton)

A pig's pleasure

First-year graphic design students removed their display of "vibrators for pigs" projects from the main hallway after a complaint last month. This drawing, on the chalkboard in the hallway of the design wing, expresses the students' reaction to the complaint.

Resource group holds dinner to honour International Women's Day

By TORI SUTTON

The Women's Resource Group is holding its annual gourmet dinner at Conestoga College's Waterloo campus tomorrow.

The dinner, in honour of International Women's Day, will be held March 4 in the dining room.

Cash bar opens at 5:15 p.m. with the dinner being served at 6 p.m.

The All Woman Jazz Duo, featuring Guelph native Brenda Lewis, will provide an evening of

stellar entertainment beginning at 7:45 p.m.

Catered by Conestoga College's culinary arts program, this year's menu features a spicy Mardi Gras theme. The meal will be started with a seafood and okra gumbo soup and fresh salad of celeriac, carrots and greens.

The main course features jambalaya, a rice dish with smoked sausage and chicken in a Creole sauce, and grilled mirliton, which consists of chayote, eggplant and peppers.

For dessert, diners will be treat-

ed to bananas foster pudding with a rum custard sauce, served with coffee and tea.

A main course vegetarian option is also available for those who would prefer a meatless meal.

All proceeds from the evening of fine dining and entertainment will be donated to local women's shelters.

For more information, contact Jayne Thomas in the Student Services office at ext. 3337 or Monica Himmelman in the alumni services office at ext. 3459.

COUNSELLOR'S CORNER: Stress and Stress Management

Part 1: What is Stress?

Stress has become part of our everyday vocabulary. Why write a column on stress when everyone deals with it daily? Since stress is misunderstood and mismanaged, let's start with understanding.

Stress denotes the changes that we undergo as we experience and adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress creates anticipation and excitement and can compel us to action (remember that clutch single that won the T-ball game for your team?). As a negative influence, stress can result in discomfort, anger and rejection, with health problems such as headaches, upset stomach and insomnia.

Although almost everyone responds to some situations with a high level of stress (death of a loved one, birth of a child, beginning or ending a relationship), individuals respond differently to most situations. These become stressors for an individual only if they are construed as threatening or dangerous. Most of us cringe at the thought of having to parachute from an airplane; some find it a challenge. Most of us avoid contact with snakes. Others keep them as pets. Most of us experience anxiety at the thought of presenting in front of a class, and while some will do anything to avoid it, a few get totally turned on.

The goal is not to eliminate stress but to learn how to manage it and even use it

to help us.

Next week: Coping with Stress
A Message from Student Services (Room 2B02)

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for the

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For more information or nominations forms, contact one of the following committee members:

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School of Engineering Technology - Rudy Hofer	ext. 3832
School of Health & Community Services - Titia Taylor	ext. 3392
School of Health & Community Services - Stephanie Futher	ext. 3905
School of Trades & Apprenticeship - Greg White	ext. 3831
Chair, Professional Development - Edith Torbay	ext. 3381

Nominations open on January 13, 2003

Nominations close on March 14, 2003

Gas prices gouge the public

Hardworking citizens of Canada do not deserve this. Paycheques are not earned simply to fatten the wallets of oil companies.

The oil companies have cried poor though.

They say the oil strike in Venezuela (the fifth largest oil producer in the world) and the threat of a war with Iraq (the world's second largest oil reserve) have led to increased gas prices.

If things are in such dire straits that the price of gasoline could rise to more than \$1 a litre if war breaks out, then why did Canada's four major oil companies nearly triple their recent fourth-quarter profits to \$1.3 billion?

Something doesn't add up.

While Canadians drive up to the pumps praying not to see that the price of gas has topped 80 cents - or worse - oil companies' profits are thriving.

Aren't higher gas prices supposed to be a result of tough times for oil companies?

The strike in Venezuela is over.

Experts estimate it will take roughly five months for the oil production to increase to where it should be.

But will the prices at the pumps decrease at that time? Not likely. There will no doubt be another excuse for why prices must climb ever higher.

Then there is the situation with Iraq.

Without a single invading force entering the troubled country, gas prices in some Canadian cities soared more than 12 cents in one day.

Why should Canadians be punished simply for the threat of war? There isn't less oil available yet.

The increase in the prices of gasoline isn't all bad though.

According to a Statistics Canada report, 1.6 million Canadians commuted more than 25 kilometres each way to work in 2001.

That results in a large dependency on the oil companies, which is why they can get away with gouging consumers.

But help may be on the way.

U.S. President George Bush announced earlier this month that he wants America to invest \$1.2 billion dollars into making hydrogen fuel competitively priced for powering vehicles and generating electricity.

Hydrogen fuel is currently much more expensive to produce, but it produces water, rather than the harmful and smelly exhaust fumes vehicles currently expel.

By further developing hydrogen power, Bush says the U.S. can reduce their dependency on oil from more than 11 million barrels a day by 2040.

He also wants to have hydrogen fuel-cell vehicles cost-competitive with gasoline-powered vehicles by 2010. It's about time someone gouged the oil companies.

Gas prices in some Canadian cities soared more than 12 cents in one day.



'Hot' show is a joke

Television programming has hit a new all-time low.

And to everyone's surprise, the Fox network wasn't responsible.

ABC aired its premier episode of *Are You Hot?* on Feb. 13, at 8 p.m.

Under no circumstances should one actually take this show seriously. It was designed to be a joke.

The only goal of the talentless show is to find the hottest person in America using American Teen Idol strategy.

The viewer followed a panel of three judges, or has-beens - designer Randolph Duke, supermodel Rachel Hunter and Renegade's Lorenzo Lamas - to various major cities in America looking for hot people.

My little sister said it best when she stumbled across me enthralled in the program and said, "Are you actually watching this?"

Now one could get all bent out of shape about how there's more



Daniel Roth
Opinion

things going on in the world to get bent out of shape over a TV show.

The greatest thing about this show is watching the contestants, who think they're all that and more, get totally trashed by the judges.

One mediocre-looking woman, who was overconfident about her looks, was told by Duke that, "you have a face for radio, and I mean AM."

It was funny for two reasons, because she got mad and because Duke tried to be sarcastic like Simon Cowell of *American Teen Idol*.

So in the end they both looked like idiots - serves them right.

I enjoyed the show, and next week I'll watch it again just to see the losers on parade. Keeping with the spirit of *Are you Hot?* judging, I'll give the show a 2.3 for originality, a 4.7 for overall appeal, and a 10 for being a total joke.

to a person than great looks and a killer body. And they would be right.

But ABC wasn't looking for intelligence in this show; in fact, the only skill each contestant must possess is the ability to turn around.

In a story published in USA Today by Bill Keveney, the executive producer of the show, Mike Fleiss, admits that they have done away with the devices that other shows use to disguise what they're selling: skin and sex appeal. "We say upfront that this is the most superficial show in TV history."

There are too many serious



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr., Room 4B14, Kitchener, Ont., N2G 4M4

Spoke

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Editor: Laurie Vandenhoff

Advertising Manager: Sarah McGoldrick

Circulation Manager: Tori Sutton

Photo Editors: Mary Simmons, Marc Hulet, Julianna Kerr

Production Managers: Stacey McCarthy,

Daniel Roth,

and Nicole Childs

Spoke Online Editors: Marcy Cabral and Denis Langlois

Faculty Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 Fax: 748-3534

E-mail: spoke@conestogac.on.ca

Web site: www.conestogac.on.ca/spoke

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Check out the Internet for summer job opportunities

By CARRIE HOTO

As the end of school nears, students prepare for a summer filled with lazy days at the beach, tanning by the pool and endless parties.

Yeah right. For most students this is not a reality. Sun-filled days will be spent working hard to raise money for next semester's rising tuition.

Getting a job can be hard work in itself. But, with a little help from the Internet, you can do everything from browse employment sites, to apply for jobs and send out resumes.

One free Web site you can surf is monsterrak.ca. This Web site is a part of Canada's number 1 career management portal. Similar to monster.ca, this is geared specifically towards students. The first step, according to the Web site, is creating and storing your resume online. From there you can search for your desired position. All you have to do is pick a location, and find the appropriate category of employment. Then check the box for either part-time, full-time, contract or permanent employment and also enter a keyword that describes the job you want. Finally, you can sort the job listings by date or relevance and view a brief or detailed description of the job. The site also has useful tips on fine-tuning your resume.

Another free site to help you find a job is workopolis.com. This site is similar to monsterrak.ca. You can enter keywords that will generate a list of appropriate jobs and you also have the option of narrowing down the job opportunities to where you live, by choosing a location and a city. You can search by description, job title or use smart search. This feature will look for similar words; for example, if you typed in instructor, it would come up with jobs for teacher, professor, etc. You can also find out what companies are hiring, how many positions are available, where they are available and when the job was posted at workopolis.com. There is also a career management centre, which gives you tips on resume writing, interviewing skills, networking and negotiating.

Another useful site is Student Summer Job Action, provided by the government at jeunesse.gc.ca. All you have to do is type in a keyword and press the search button. There is also an advanced search option, which allows you to browse for more than one job at a time, and rank documents.

To find other summer job opportunities you can go to any search engine and search for the summer job of your choice.

Time is flying by and before you know it April will be here and exams will soon be over. Start looking early to avoid frustration and stress later on.

CORRECTION

In a story in the Feb. 17 edition of Spoke, a headline stated that the Conestoga Residence and Conference Centre's first formal, held at the Edelweiss on Feb. 6, was poorly attended.

In fact, the centre has held a number of other formals. Spoke apologizes for the error.

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Internet offers venue for sick and violent humour

By ANDREA SMITH

Blood, death, and sick noises lead to a dumb, disgusting Web site.

The things that you can find on the Internet when you are bored are amazing. The Web site is definitely one of a kind.

I do not understand how a person can be insane enough to create a site that is not only sick, but cruel.

It is hard to believe that the creator, Rob Lewis, has been able to keep the site running since 1996.

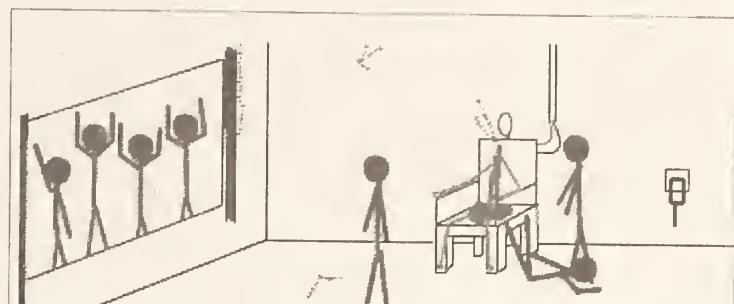
So, what is so horrid? Well, clips of stickman killing each other with foul language, blood and guns. It will make you shake your head in disbelief.

In one clip, titled Pushing Brown, a stickman is in the middle of the forest and decides that he needs to relieve himself.

He does his business beside a tree. After he is finished, he needs to wipe himself so he slides a trunk of a smaller tree in between his legs.

It works, but soon blood starts pouring down his legs as he discovers he has also wiped off his privates.

When the clip finally ends, you see that a bird, who has been chirping on top of the first tree the whole time, has caught "his valuables" in his mouth.



(Internet photo)
Scenes of death, gore and violence are just some of the images surfers can find when visiting Rob Lewis's site.

There are many clips that resemble this sick, pointless nature, but this one disturbed me the most. It is hard to believe that it is listed in the fan favourites.

The site also contains games full of violence and blood.

For example, a game called the Wheel of Justice combines Wheel of Fortune and Hangman. You have to spin the wheel to collect money to keep the Taliban in jail before they die.

If you spin a "die," "lose an eye," "break a bone" or something else that is just as cruel, the hangman will lose whatever corresponds to your spin until there is nothing left and you lose.

You can also send MP3 greeting cards containing these graphic stickman cartoons to all your friends

Stickman wrestling matches are

available as well. Watch them fight against each other, snapping each other's arms, and ripping each other's heads off.

Who wouldn't want to watch blood flying everywhere and listen to the sound of bones breaking?

One of the most interesting parts of the site is the hate mail.

Lewis has a whole section devoted to it. The worst part is he loves the hate mail he gets; it amuses him.

With each one he replies with a remark that in some way makes fun of the people who sent it, making it seem as if they are worse than him.

In my opinion, Lewis needs a lot of help and people who visit the site and enjoy themselves, need a lot more help than he does.

The site should be taken off the Internet, and Lewis should become one of his unfortunate stickman.

From the Sanctuary

"Distinguished and respected"

Good things happen to good people.

Sometimes that axiom seems to be horribly wrong, but every year at Conestoga College, good things do happen to good people.

The Aubrey Hagar Award Distinguished Teacher Award is one of those good things. Far too often, the bad news about instructors makes the news. Instead of focusing on the negative, Conestoga College accentuates the positive. This needs to be done more often.

There are so many teachers on this campus taking the time and effort to educate their students. These teachers are the ones that want to see their students graduate, and they are the ones that stay after hours helping students out.

These instructors make the learning environment fun, enjoyable and progressive.

These are the instructors that should be making the news. These are the instructors who need to be recognized for giving their students more than a chance to succeed in the real world.

In every program on this campus, there is at least one instructor deserving of this award. In many cases, there are many instructors who are deserving of such accolades and more. As students, we need to stand up and recognize these individuals for their time, effort and commitment to us.

When an instructor does something we disagree with as students, we run to whoever will listen to us voicing our concern.

However, how many times do we, as students, run to whoever will listen to us proclaiming the greatness of our instructors?

Sadly, it doesn't happen too often.

Even saying a simple thank you to your instructors can do a world of good. Your instructor will remember you for such a kind gesture.

But if you really want to say thank you to an instructor who has done a wonderful job, nominate your teacher for the distinguished teaching award. It's a great indicator to that instructor of how well they are doing. Knowing that they are a nominee, your instructor will strive harder to be an even better teacher.

The Aubrey Hagar Award is a great way to promote excellence in learning on campus. If you care about your education, take the time to say thanks to a teacher who made your learning experience even better.

You and your instructors won't forget it.

A message from Conestoga Students Inc.

Entertainment

Over 300 episodes and still d'ohing

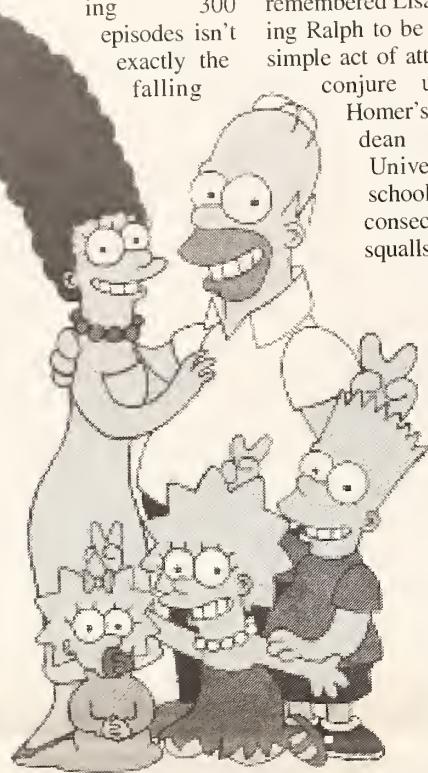
By SARAH McGOLDRICK

It's been 14 long but enjoyable seasons with The Simpsons, which reached 300 episodes on Feb. 16.

For some people this may seem like just another TV milestone. For me, it is a frightening awakening to the fact that I have seen 99 per cent of these episodes and many of them at least a dozen times.

I am a Simpson fanatic. I can quote the show like a priest can quote his Bible.

Sure, celebrating 300 episodes isn't exactly the falling



of the Berlin Wall. But, to most kids who grew up watching this yellow, dysfunctional family, it is a big deal.

With this achievement The Simpsons is now the longest-running show in prime time, surpassing Ozzie and Harriet.

Through the adventures of Homer, the mischief of Bart, the sternness of Marge, the complaining of Lisa and pacifier sucking of Maggie, we have witnessed animation history.

Everything always comes back to The Simpsons. As Valentine's Day was approaching, how many of us remembered Lisa choo-choo-choosing Ralph to be her Valentine. The simple act of attending college can conjure up memories of Homer's hatred of Andy, the dean of Springfield University. Driving to school through the third consecutive day of snow squalls, I sometimes wish

the Plow King would get out there and clear a path. It's just always there.

Now, The Simpsons has not always been the favourite of every viewer. Growing up I had many friends whose parents would not let them watch.

Many have found the no-punches comedy a bit much to take. But, this is

exactly what makes The Simpsons great.

Who can forget the episode when former President George Bush moves across the street from the family? Homer's ignorance had him looking to find out who Bush was in an encyclopedia.

Then, there was the episode where The Simpsons came to Canada.

"Why should we leave America to visit America junior," exclaims Homer in dismay.

The Simpsons has never been afraid to take on religion, but has always been respectful in its depiction of symbols and customs. God is always shown with five fingers. Christmas episodes almost always mention other holidays like Hanukah, Kwanza and Ramadan.

The Simpsons have poked fun at everything from the NRA (Nachos, Rifles and Alcohol) to using drugs to calm hyperactive kids.

Soon you find yourself agreeing with Homer and his belief: "I've learned that life is one crushing defeat after another until you just wish Flanders was dead."

We have also shared losses with The Simpsons. We have said goodbye to character Maude Flanders and the voice of Phil Hartman and his unforgettable characters Troy McClure and Lionel Hutz, a.k.a. Miguel Sanchez.

There is also the controversy surrounding the episode The City of New York versus Homer Simpson due to the attacks of Sept. 11.

After a night of binge drinking Barney loses Homer's car in New York and it just happens to be

parked at the World Trade Center (WTC). Homer must wait all day for his car to be unclamped.

This wait includes a food vendor offering Mountain Dew or crab juice and the inevitable need to go to the bathroom after several cans.

The bathroom is located on the top floor of the WTC. Homer quickly rushes to the top only to find it out of order.

He then runs back down and up the other tower to his relief.

After the attacks it was thought best not to show this episode again. But, over time, we have learned to deal with this tragedy and can once again enjoy the humour of Homer's misadventures in New York.

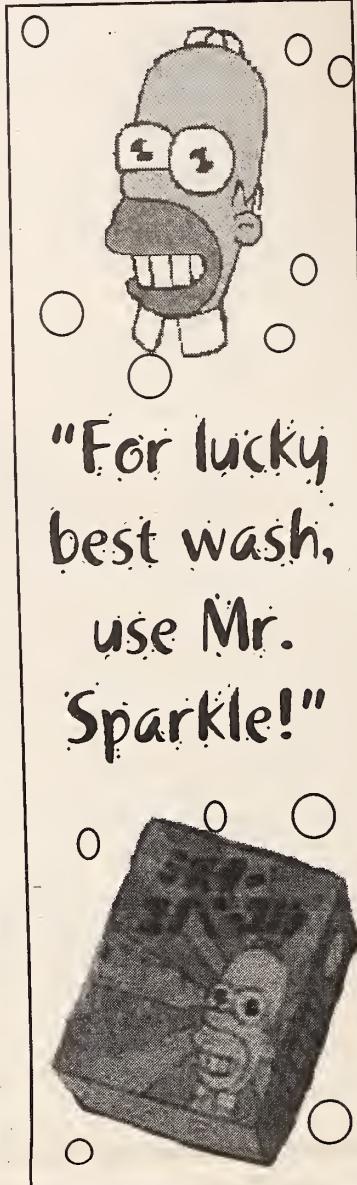
The Simpsons has also become a showcase for who is hot and who is not in the entertainment business. If you make it on The Simpsons you have arrived, much to the chagrin of my mother who has had to deal with her favourite singer Elton John making an appearance.

But through it all, The Simpsons has taught me not to take things so seriously.

Sure a nuclear bomb may go off in my hometown one day. But, that's OK because I can steal Ferraris and dance naked to the song War in a church.

If I should ever have children, I should feel confident in leaving them with a nanny named Mary, I mean Sharri Bobbins.

And should this show ever be cancelled, sure I may cry, I may write angry letters, but the memories will last a lifetime and hey, there are always hundreds of reruns.



BEFORE YOU REACH THIS POINT



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Horoscope

Week of March 3-9

Happy
Birthday
Pisces

An unexpected gift will surprise you; it could be something a little unordinary. Any financial bonuses should be kept to be spent another day.

Aries
March 21 - April 18

You are nearing the end of a long battle. Any troubles you have gone through recently will be well worth your while.

Luckiest day: March 4.

Taurus
April 20 - May 20

Despite almost being done a project, you still have a little way to go. Any extra effort you put into your work will be worth the trouble.

Luckiest day: March 3.

Gemini
May 21 - June 21

You are about to have one of the greatest weeks of the semester. It will seem as though you are in the right place at the right time for everything.

Luckiest day: March 8.

Cancer
June 22 - July 22

It is time to get back to work. Nothing will happen if you don't put forth any effort. Good days are ahead, but you have to work for them.

Luckiest day: March 7.

Leo
July 23 - August 22

If you are not in a relationship one may be starting for you. If you are not looking for a partner, a friendship will become stronger.

Luckiest day: March 6.

Virgo
August 23 - September 23

A partnership or friendship will continue and grow into something better. Make sure you tell your friends how you feel about them.

Luckiest day: March 3.

Horoscope

Week of March 3-9

Libra
September 24 - October 22

An upwards battle is nearing the end. You will only have to work a little harder to achieve your goal. The effort will be worth it.

Luckiest day: March 8.

Scorpio
October 23 - November 21

Many stressors have you feeling down. Deal with each issue separately and you'll be fine. Better days are closer than you think.

Luckiest day: March 5.

Sagittarius
November 22 - December 21

If everything going on seems out of your control, deal with each problem individually. Doing too many things will make things worse.

Luckiest day: March 5.

Capricorn
December 22 - January 19

Friends and family couldn't be better. Someone has a surprise in store for you. His or her gift will only make you respect him or her more.

Luckiest day: March 7.

Aquarius
January 20 - February 18

You are going to have to make a decision between work and school. Make sure you do what is in your best interest.

Luckiest day: March 4.

Pisces
February 20 - March 20

An authority figure is going to be giving you advice. Even if you don't like it, follow it. He or she knows what is best for you.

Luckiest day: March 7.

Daniel Roth is a third-year journalism student who has studied clairvoyant issues for four years.

Do you dare to see Daredevil?

By JASON MIDDLETON

Somebody must have dared Ben Affleck to take a break from his serious movie roles to become the superhero known as Daredevil.

This is the first of three major Marvel movie releases this year and, for a superhero movie, it does not disappoint.

Affleck plays a blind lawyer named Matt Murdock who lost his vision when an accident as a child put him in contact with radioactive waste.

The accident left a young Murdock with a super radar sense that allows him to "see" thanks to sound vibrations bouncing off objects.

Years later, after the murder of his father, Murdock takes justice into his own hands at night as "The Man Without Fear" Daredevil.

Jennifer Garner plays Murdock's love interest Elektra Natchios, and in the first scene the two share, they display their martial arts skills.

After that a typical superhero movie love interest is formed where Murdock tries to keep his secret identity from Elektra.

When crime Kingpin Wilson Fisk, played by Michael Clarke Duncan (The Green Mile), orders Elektra's father to be killed, he hires the villain known as Bullseye to do the job.

Played by Colin Farrell, Bullseye can take any object and make it a deadly weapon, such as playing cards or paperclips.

After Bullseye kills Elektra's father she suspects Daredevil.

While on a rampage to kill Daredevil, she figures out Murdock's secret identity.

The ending of the movie left the possibility of a sequel wide open.



(Internet photo)

Daredevil offers thrills and chills with amazing special effects.



the fight sequences because that's how Daredevil was able to fight.

The costumes in the movie seemed like they were almost lifted straight off the comic book page.

Daredevil's costume was a tight red leather outfit complete with matching mask, while Elektra's costume was made out of leather and left nothing to the imagination.

The movie Daredevil was your typical superhero movie and did not offer anything new or surprising.

The movie did succeed in having constant action, romance and the occasional joke.

Overall, I think Affleck should stick to his romantic comedy roles and finally pick a wedding date for JLo.

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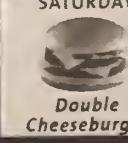
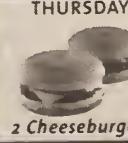
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Feature

Young and successful

By SINEAD McGARRY

People said they couldn't do it ... so they proved them wrong.

Most young men are finishing up university or college, partying and beginning to worry about their futures, but not Travis Agresti and Michael Zuccala; they have already made their mark. Agresti runs a popular nightclub in Toronto and Zuccala manages a large call centre in Kitchener.

Woman in provocative outfits and men in dressy attire line Richmond Street in Toronto, waiting for the chance to party at Inside, the hottest nightclub in the entertainment district.

The club that opened on July 26, 2001 had been a dream of Agresti's since he was at Sacred Heart high school in Newmarket. "It was hard for me to get started in the business because of my age," said Agresti.

After months of hard work and determination, he opened Inside. Though many people tried to discourage him from his plans to build the club, he completed the task with the help of a small business loan from a bank.

The club, which had two floors, is packed with partygoers from Thursday to Saturday. Due to its popularity, Inside was expanded and a third floor of the club became the VIP lounge named Chocolate. Provocative bartenders wear next to nothing as patrons order shots, cranberry and vodkas, and the famous green martini. The upscale club, which is surrounded by other clubs such as Money and Fluid, continues to dominate the nightclub industry with a packed house every weekend.

Agresti became interested in the nightlife in Toronto when he turned 19 and began visiting and partying in clubs himself. "The money involved in this business is unbelievable," he said. He got a job at Fluid where he began working as a bouncer and quickly climbed the ladder to become a manager. Agresti worked there for a few months and then decided to branch off and start his own club. "People would not take me seriously because of my age, but I kept pushing. I knew I could do this."

Celebrities like Prince, P. Diddy, Nelly Furtado and Robert De Niro

have visited the VIP lounge. "A highlight in my career so far was spending the day with P. Diddy. He is the smartest businessman in the industry." The clear glass VIP room is also visited by Toronto Raptor players including Vince Carter, who is rumoured to be partners with Agresti.

His biggest expenses are rent, payroll and liquor, on which he spends an average of \$7,000-\$15,000 a week.

To help pay the bills, he rents out the club for private parties and photo shoots. Maxim and Budweiser have used the club as a backdrop for shoots and the auditions for the Global Television show PopStars, featuring Sugar Jones, was taped at Inside. "It was cool to watch the auditions; you have to do things like that to make extra money," he said.

The club has an advertising agency that handles the bookings. Fabulous, a rapper, filmed his It's My Party video at Inside just a few weeks ago. "They wanted the club to look like it was in New York so they spray painted the outside of the back alley way," he said, adding he was offered a cameo role like Vince Carter but declined.

The nightclub industry is fierce but I know what people want since the customers here average around my age."

*Travis Agresti,
nightclub owner*

Agresti's credentials continue to soar with Inside winning an award for best new nightclub in Toronto at the annual torontonightclub.com award ceremony a few months ago. "The nightclub industry is fierce but I know what people want since the customers here average around my age," said Agresti.

The rooftop patio is his next conquest. The patio is anticipated to fit approximately 200 people and feature two bars and another dance floor. However, complaints from the next-door condominium need to be dealt with. "I want it ready for the summer. I'm not worried about complaints because the club is zoned in an entertainment district,"



(Photo by Sinead McGarry)

Inside, a trendy Toronto nightclub, has been attracting flocks of partygoers since it opened in July 2001. The club is owned and operated by 22-year-old Travis Agresti.

he said with confidence.

Agresti is also exploring the possibility of buying or opening a record company. Talks are still taking place. "This club offers so many opportunities to network and meet special people," he said. "I don't think I will be running a club the rest of my life but it has definitely been an amazing stepping stone for future plans."

Another young man who has succeeded in making money, networking and gaining recognition is Conestoga College graduate Michael Zuccala.

Zuccala successfully employs an average of 50 employees and runs a fundraising company in Kitchener. "I am a young, ambitious, overworked and overpaid male who loves his job," said Zuccala.

After graduating from the marketing program, Zuccala began working at All Pro telemarketing but quickly climbed the ladder to manager. He started when he was 17-years-old and is currently in his seventh year of employment with the company.

"Who wouldn't want this job? I set my own hours, get great pay and control the company," he said.

Zuccala knows how to dominate and run a business. Employees lis-

ten to his every word during kick-offs which are held before each shift. The kick-off is a quick speech Zuccala gives to inform his employees about the rules of the business and sometimes some words of encouragement.

The callers, who are mostly students, phone a variety of places in the United States. They solicit on behalf of 30 different non-profit organizations and labour unions. They ask people to pledge money to the charities.

"I am a young, ambitious, overworked and overpaid male who loves his job."

*Michael Zuccala,
manager*

"We live in a very fast-paced society where people have less and less time. People want to donate and help others so they donate over the phone to us," he said. Telemarketing has increased in sales compared to previous years. "People don't want to leave their home to help, they simply do it over the phone," he continued.

With the office open seven days a week, Zuccala doesn't have much

time for any leisure activities, as he works 55 to 60 hours a week. The stress that goes along with this business is unbelievable. The manager and caller turnover in the office is fierce because a lot of people can't take the pressure. "I have gone through six managers since I started because they can't deal with the stress levels that go along with the job," he said.

However, despite all the pressure, Zuccala continues to shine and pave his way in the business. "I love my job. I wouldn't want to be doing anything else," he said. Many may have been skeptical of a 24 year old having so many responsibilities but he proves he has what it takes to run a successful business everyday.

Currently, All Pro has four offices across Ontario, but Zuccala wants to expand and build more. "I want to open a lot more offices and then sit back and have other people run them for me." With his bank account getting bigger and his confidence soaring, Zuccala is aiming to retire at the young age of 30.

With determination and drive, Agresti and Zuccala have proven over and over again to people that age doesn't matter.

Quick and easy tips for beautiful hair

By MARY SIMMONS

Everyone wants to look good, but there are certain times when it hardly seems worth the effort. There are a few simple suggestions you can follow to look your best even if you're in a rush.

For those of you with long hair, you always have the option of pulling it back. To get hair to look groomed fast, whether you've washed it or not, pull it off your face with a headband or a ponytail holder. Smooth back slept-in hair with a spritz of water, then comb and secure it with a hair accessory.

To keep it in place for the whole day, simply spray it with a light hold mist.

Keeping on the theme of hair care, most people wash it too often.

"The average woman needs to wash her hair only every other day," says Oscar Blandi, a New York City hairstylist in an online article.

Curly-hair types can get away with shampooing every two or three days. On the days you don't wash but need a wake-up shower, rinse your hair and apply a lightweight conditioner to the ends to ease detangling. Avoid overusing

hair products, which can weigh hair down, and touching it too much, which can make hair greasy.

Towel-dry while you do other things. Getting most of the moisture out of your hair before you blow-dry will cut the drying time by half. Squeeze out excess water, wrap your head in a superabsorbent towel, then go about your morning tasks.

And don't despair if you sleep late and your hair shows it. An easy tip to follow is to soak a cotton ball with facial toner and swipe it along your hairline and scalp. It instantly cleans up the roots, which tend to

look greasy first.

Another easy tip to follow is to use your sleep time since the perfect time to mend everything from damaged hair to dry or broken-out skin is at night. Some of the most effective treatments can be too heavy to wear during the day. Plus, certain active ingredients, such as Retin-A, can make skin sun-sensitive and work best away from direct light. Protect sheets and pillowcases by sleeping in a hair turban or with a towel placed over your pillow.

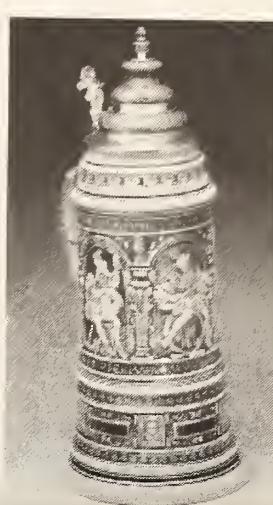
You can also style your hair at night. Instead of waking up early

and plugging in the hot rollers, braid your hair before bedtime. Section hair into four parts, using elastics with no metal parts to avoid weird bends. For looser waves, Antonio Prieto, a hairstylist in New York City, suggests applying a leave-in conditioner to dampen hair, then tying it into a low knot. "When you undo it in the morning," he says in an online article for Ladies Home Journal, "your hair will have a subtle swing."

Following these instructions will leave you looking your best with the least amount of hassle.

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**CONESTOGA
STUDENTS INC.**

And the nominees are...

By LAURIE VANDENHOFF

From March 3 to 5 students at Conestoga College are encouraged to cast their ballot, choosing next year's Conestoga Students Incorporated (CSI) executive staff.

The college's 5,000 full-time students are eligible to vote for three of the four positions up for grabs this year. There is one acclaimed position, that of CSI president, which will be filled by Justin Falconer, the current vice-president of academics. This is in comparison to last year when the entire executive staff was acclaimed and no election was held. Any full-time student enrolled in an on-campus program is an eligible candidate. Their term in office runs from May 1, 2003 to April 30, 2004.

The responsibilities of each position are as follows:

President — Responsible for overall organization, as well as representing the student body to the administration, to outside stakeholders and organizations that have influence on students.

Vice-president of communications — Responsible for communicating CSI information to students.

Vice-president of academics — Responsible for lobbying on behalf of students, as well as being the key student advocate.

Vice-president of activities — Responsible for planning and running events with the programmer.

Students can vote in the Sanctuary at the Doon campus and in the cafeterias at the Waterloo and Guelph campuses. The winners will be announced after the votes are tallied and any appeals are heard.

President - Acclaimed JUSTIN FALCONER

Program: Third-year business administration — management studies student.

Experience: Falconer is the current vice-president of academics, has participated in many college committees, including director of the CSI board, assisting in drafting policies for both the CSI and College Student Alliance, as well as helping negotiate a transparent technology fee agreement between the CSI and the college.

Falconer's decision to run for CSI president was a result of the insight he gained as this year's vice-president of academics. "I became very knowledgeable and concerned with the way college students are treated by the Ministry of Training, Colleges and Universities (MTCU)."

Over the past year he became engrossed with three issues — financial aid, transferability and college funding.

He feels these areas need to be improved and has challenged the government on each in the past.

However, the fight is far from over. Falconer outlined four major goals for his tenure as president:

1. Making changes with the MTCU to treat college students more fairly:



2. Working with the federal government to better equip colleges with increased funding and infrastructure for apprenticeship and coop programs.

3. Proactively pursuing student feedback with respect to the delivery of CSI functions and services.

4. Focus on student representation to the community, to the college and to the governments to ensure the Conestoga College student voice is heard and concerns recognized.

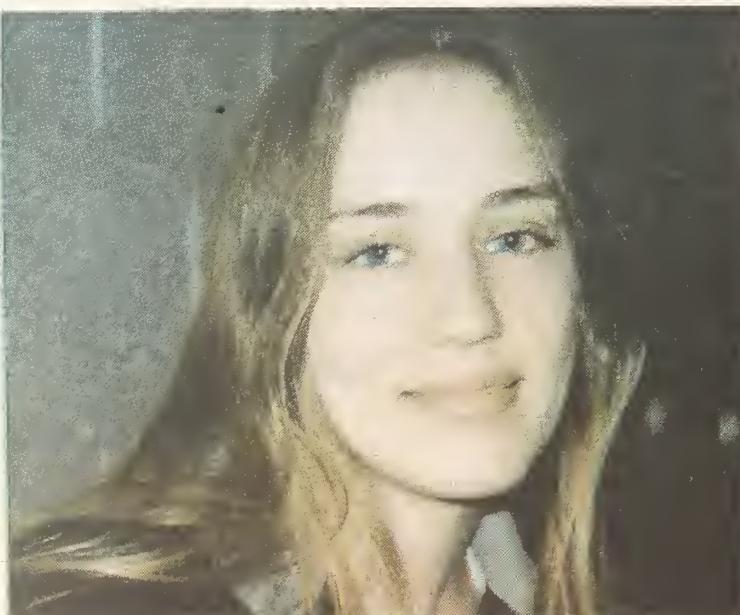
Despite a hectic schedule for the

next year, Falconer will strive to make himself available to students. "I believe in hard work, student-centred approaches, accountability and openness. I also believe whole heartedly in student rights, transparent processes and making myself easily available for all students at Conestoga College."

But Falconer is not all business. During time away from school he enjoys summers at Sauble Beach, riding Sea-Doos, swimming and working on his tan.

**CONESTOGA
STUDENTS INC.**

ELECTIONS



NIZAR ABBoud

Program: Second-year business administration — management studies student.

Experience: Has worked with the international student office at Wilfrid Laurier University.

Coming from a varied background, Abboud presents a wide range of communication skills including the ability to speak English and Arabic fluently. "I come from a large family which has taught me a great deal about communicating with others and how to be a patient person."

Abboud is an international student which he says will give him a

better understanding of how to communicate with people from different cultures. The Lebanese student has lived most of his life in Kuwait and has travelled throughout Europe. "I have fought with the help of my classmates, for the international students in the college to have English as a Second Language taken off the transcript because we felt that it is not fair," he says, adding, "It separated us from the rest of the students while they were taking the same course material. We were successful."

If elected, Abboud plans on creating questionnaires to involve stu-

Vice-President of Communications CARIE LAYCOCK

Program: Second-year business administration — management studies student.

Experience: Currently on the board of directors, the constitution committee and the budget committee, as well as completing various jobs for the CSI office.

Laycock is all about getting students involved and thinks that through the power of communication, the college community will be drawn into activities. "I believe there is more to Conestoga College than just education. Students pay an activities fee to the CSI and I think

they are entitled to have full access to activities, services and clubs."

The Kitchener native was raised in Brampton, and returned to Kitchener when she began attending Conestoga. She sells herself as an honest and reliable person whose utmost goal is to promote the CSI's goings-on to all students.

"I want students at Conestoga to look back on their college years and have no regrets."

She plans to ensure the distribution of information via flyers, posters and through the most important vehicle ... herself. "I will be available for

any students who have questions, concerns or comments," she says. "I am an open and caring person with an eagerness to complete tasks and welcome challenges that may lie ahead for me."

Laycock trusts that because of her previous experience with the CSI, she has direct knowledge about the events, clubs and services they provide. "I believe that the events that CSI offers are well prepared and well designed. They give students the opportunity to meet new people, let their hair down and have a good time."

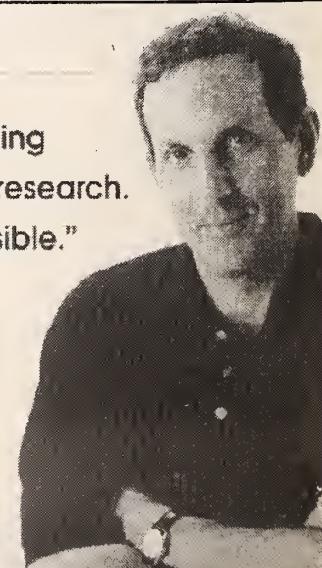
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Dr. Daniel Drucker, research scientist

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Vice-President of Academics MAHER ALBASEL

Program: First-year computer engineering.

Experience: Involved with the student government at the University of Toronto while enrolled there as a life sciences student.

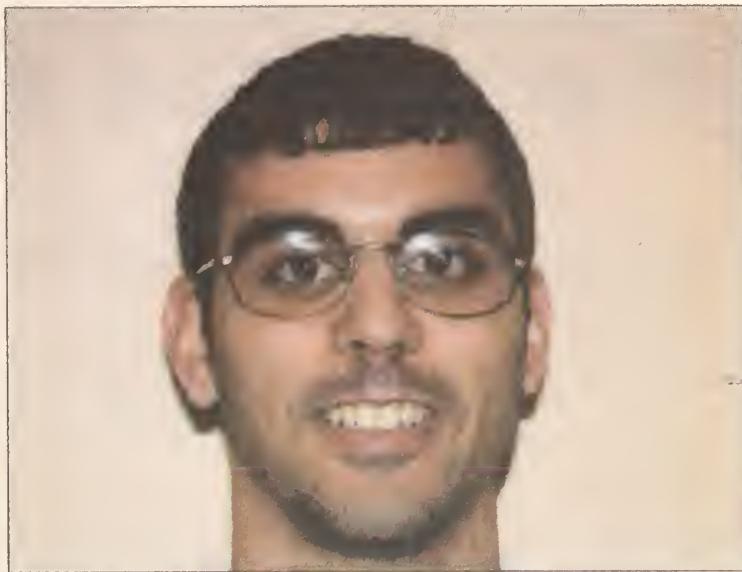
Along with many other students across Canada, one of Albasel's major concerns lies with tuition. He wants to focus on freezing it. The first-year student also hopes to address OSAP concerns by making it more available and removing

parental considerations. This is in addition to plans for obtaining better equipment in first-year labs.

"I don't want to sit on the sidelines anymore and let other people decide how my education should be run. I would like to make a difference to the school and help keep Conestoga as the number 1 college, to make going to school as enjoyable as it can possibly be."

Albasel does acknowledge that as a first-year student he hasn't had as

much opportunity to fight for his causes, but maintains that he has excellent leadership skills, which will help him obtain his ultimate goals. "I have been in a leadership role all my life, from being the captain of my soccer team to on-job leader roles. The most recent is being the president of my house at the U of T. I helped organize many events and activities, which included everything from formals to educational seminars."



VANYA MISIC

Program: Business administration - management studies and human resources student.

Experience: Involved with the Conestoga Business Students Association (CBSA) as public relations officer and has dealt with a lot of outside businesses and school faculty.

Don't let Misic's busy schedule fool you; this keener says she's right on track for a CSI position. The two-program student plans on devoting all of her free time to students if elected. "I believe students should have someone in the position who is genuinely concerned about the quality of education," she

says, adding, "Due to the flexibility of my course load this upcoming year, I will have less outside demands and this will give me an opportunity to dedicate more time and effort to the position."

Misic's objective is to be the voice for students by ensuring policies and procedures are followed in the college and that students are treated fairly on an academic level.

Through her experience with the CBSA, this European-born student, who has lived in Kitchener for the past six years, has been involved in a number of activities and promotions around the school. "I have

been able to participate in fund raisings, organizing of events and planning awards banquets that take place in April."

Misic feels she has impacted students' lives positively and will continue to do so if elected to CSI. "One of my personality traits is my approachability. The students will feel comfortable coming to me with their problems and concerns, and I will make myself available to them as much as possible."

But how does she plan on handling this intimidating workload?

"I am a workaholic and do not take vacations," she says, describing herself as tenacious.

Vice-President of Activities JEFF STEMMLER

Program: Third-year business administration - management studies student.

Experience: Currently vice-president of communications with CSI and a member of the CSI events staff.

Stemmler is substantially involved with the events that take place at the college. With this experience under his belt, Stemmler hopes to make next year even bet-

ter if elected. "I will build off of the success of this year's events, and ensure the events that didn't go off as planned are successful next year." In addition, Stemmler plans on providing a wider variety of events for all students who are getting involved.

Stemmler's accomplishments include the annual polar plunge two out of the three years he has attended the college, as well as

assisting with the "feed the pigs" campaign in 2001/02.

In his role as vice-president of communications, Stemmler has "ensured that students were aware of the upcoming events the CSI had planned."

On top of his many accomplishments, including working towards his chef's papers, Stemmler says he is personable and willing to listen to suggestions from students.



ETHAN MILLER No information available



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So you wanna be a rock star?

By JULIANNA KERR

Making it in the music industry as taken on new meaning with the evolution of shows like American Idol and Popstars. But before these shows came about, how did someone become a rock star? The methods now are the same they've always been, and they're still the way most real stars are born.

Ted Seto is the artists and repertoire (A&R) assistant at Universal Music Canada. His three years here have found him listening to demos and checking out live bands in search of musicians with a future at Universal.

So what does the company want? "Universal is looking for the total package," he says. "Artists who sing, write and perform their own songs."

"We look for artists with the ability to perform live and write great songs and who have that intangible quality that makes them a star."

Universal tries to sign artists who will have long-term careers that will span multiple albums.

"We don't just sign an artist for a career in Canada," he adds. "We sign an artist with the intent to break them worldwide."

Competition is stiff, as Universal only signs two or three artists a year. The current domestic roster lists 17 acts in pop, rock, jazz, classical, dance and country, including such artists as Matthew Good, Sam Roberts and Jann Arden.

Seto says he listens to every demo that comes across his desk and tries to get back to every aspiring artist. But with only two people in the listening department, there isn't enough time in the day to check out all the demos at work.

"That's why I listen to my demos on the weekend," he says. "Only those that I feel have potential get passed along."

"All the rest receive an e-mail or phone call from me letting them know that Universal is not interested in their music."

Promising demos are passed along to the director or senior vice-president of A&R.

Universal's A&R department receives about 3,000 unsolicited demos a year. About 1,000 solicited demos come in from industry

contacts after Universal has heard about an artist or band and has requested to hear more.

Universal also has a section on its Web site, www.umusic.ca, where artists can upload three of their songs to be heard by the A&R department. The approximately 2,000 uploads a year go directly to Seto.

Out of about 6,000 demos received, maybe 20 actually make Seto take notice.

"Some grab my attention because I think they're really good or because they're horribly bad," he says. "The majority are pretty average. They're not bad, but they're not great."

Out of those 20 that do grab his attention, only two or three have a realistic chance of becoming a Universal artist.

If Seto is interested in someone, however, he will listen to their music several times before he contacts them.

"From there, I will usually go see the band or artist perform live," he says. "If I like what I hear, I will meet with them and get to know them."

He then makes copies of the music to give to the rest of the A&R team at bi-monthly meetings for discussing new music.

Signings at Universal are usually done by consensus of the entire department, he says, so they'll all go out to see the band perform live.

Seto will make several visits on his own to see the musicians live, to make sure they perform well on a consistent basis.

"Bands have their good nights and their bad nights, and one performance isn't enough to base your decision on."

If A&R decides to pursue the artist, there will be meetings with and opinions from Universal's marketing team. If the company is serious about signing an artist, it will then present them with an offer. This process can take upwards of a year.

Screening demos isn't the only way Universal finds new artists. Seto says he has a network of people whose opinions he trusts.

"Working in A&R, you have to be out a lot," he says, "but you can't be everywhere. That's why you need people you can count on

to tell you about a new exciting band you may not be aware of."

Seto finds talent by going to live music venues, surfing the Internet, hanging out in recording studios and attending open mic nights and talent shows. He also gets leads from entertainment lawyers, club bookers, managers and friends.

Being successful in the music industry is a long, hard road, Seto says.

"The ones who are lucky enough to have any kind of longevity in their career owe it to a lot of different things: talent, hard work, a great team and luck."

"Musicians need to treat the music industry like a business," he adds, "and learn as much as they can to educate themselves about how the industry works."

The Right Stuff: How Should You Approach your Demo?

*Call the record label and make sure it's accepting demo submissions.

*Find out who the demo should be addressed to and personalize it.

*Include a CD, a bio and a photo.

*The CD should contain original material – it shows you can write.

*The bio can be as simple as a short paragraph telling the label about yourself.

*The photo should be clear and of a decent quality – but it doesn't have to be a professional headshot.

*Label everything in the demo package with your contact information.

Starting DJ career means making strong connections

By KATE D. VANDEVEN

Did you ever want to be a DJ, but thought it would be impossible?

If your answer is yes, then you need to rethink it, because a Conestoga student has proven it is possible.

Glen Sutherland, better known as DJ Fright, has been working as a DJ for the past four years and said it's a lot of fun.

Sutherland, a first-year computer programming analyst student, has always enjoyed playing the role of DJ. Even when he was young he always played the music and took requests at parties.

One night his friend needed someone to fill in as a DJ and the rest, as he said, is history.

Stag and does, Christmas parties and bars are the usual functions Sutherland works at; sometimes he may get a wedding gig and twice he has worked at residence formals.

He said the hardest thing about starting a career as a DJ is getting connections.

However, because he worked in a restaurant, he said it helped him get connections because he got to know some local bar owners, who in turn hired him to DJ in their club.

Along with word of mouth, sending resumes and posting flyers was how he began to get his name out.

Although he still needs to do a lot more advertising, Sutherland said because he keeps his prices down he is hired for quite a few functions.

Presently he is not working much because it is a slow time of



(Photo by Kate D. VandeVen)

Glen Sutherland, also known as DJ Fright, has been working in the field for four years. He says making connections is the biggest challenge.

the year. However, during the summer and at Christmas time, he said he works every weekend and sometimes a few times a week.

Along with a couple thousand CDs, Sutherland owns all his own equipment which includes speakers, CD players, lights and a mixing board.

He said he likes to own his own equipment because renting it is expensive and the money he makes from one gig can be put toward buying another piece of equipment.

Sutherland said he loves being a DJ and wants to keep working at it in the future; with hopes of playing in more bars and at high schools.



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The Conestoga Christian Fellowship will be hosting a worship service in the Sanctuary on March 5 at 7:30pm



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Interested students will be able to listen to a Andrew English, CFL player, and band during this service.

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Bananas headed for extinction

By BLAKE GALL

Ladies and gentlemen of the world, say goodbye to banana splits.

It seems the world's most popular tropical fruit is on the verge of extinction, according to Belgian scientists.

Experts are estimating the fruit will be non-existent within the next 10 years.

First grown in the jungles of South-East Asia at the end of the last ice age, the banana has become an enjoyable, healthy snack for people all over the world.

However, there is only one type of banana in the entire world that is produced for humans to eat. Monkeys feast on wild bananas but they are harmful to humans. This edible banana has become infested with a fungus, called black sigota, that is killing off the entire crop, which will eventually lead to its extinction.

Other types of bananas that were eaten in the past were completely wiped out in the '50s by the Panama disease.

Sprays used to fight off diseases and bacteria in crops are not enough to stop the virus that is killing this delicious treat. The only hope left for bananas is genetically producing a new type of banana in laboratories. However, genetic alteration is what caused this tragedy.

With all the biotechnology and genetic manipulation that goes into fruit today, the banana has been stripped of any seeds and sexual reproductive abilities. In turn, the asexual food can't reproduce new crops to continue the circle of banana life.

An article in the *Globe and Mail* on Jan. 16 stated that scientists are hoping to find a disease-resistant gene in a non-edible banana and insert it into edible ones to save the plant.

If successful, it could save the life of bananas but furthers the alteration process. It's hard to decide which is better; a life without bananas or a world of scientifically produced fruit.

Some people fear a monster plant being produced that can't be controlled. Scientists are entering an unknown area that could have disastrous outcomes. Others oppose eating genetically modified foods.

Without bananas we can no longer enjoy banana splits, peanut butter and banana sandwiches or grandma's homemade banana bread. We may have to say goodbye to *Bananas in Pajamas* and there would be no peels left for our cartoon friends to slip on. This is truly a tragedy for all.

However, scientists are also warning that this would be an international disaster. Many tropical countries are mass-producers of bananas;



(Photo by Blake Gall)

Consumers may soon be mourning the loss of bananas as they are on the verge of extinction due to the black sigota disease.

this loss would affect their economy. Although bananas may seem insignificant to Canadians, half a billion people in Asia and Africa depend on bananas to survive.

Trying to save the banana would cost millions of dollars in research which is also an issue when deciding whether or not the process is

worth it. Attempts have been made in the past with little or no success.

It seems that years of chemicals to make the perfect banana has led to its demise. This raises the fear that it could happen to other foods.

Potatoes have seen epidemics wipe out various types and other crops could be next.

The lesson here is that genetically altered food may taste better at first bite, but could come back to bite us in the long run.

To find out how you can help save bananas, visit the International Network for the Improvement of Banana and Plantain at www.inibap.org.

Eating disorders come in many forms

By HALLEY MCPOLIN

When a person hears the term "eating disorder," anorexia and bulimia are most likely what come to mind. The image is usually that of a dangerously underweight female resembling a skeletal runway model or one of the ever-shrinking Hollywood starlets. Eating disorders come in many shapes and sizes, however, and women are not the only sex affected.

Approximately 10 per cent of people with eating disorders are men. There is often an added stigma to males with eating disorders, relating to weakness or inherent homosexuality. Sara Riddell, a Wilfrid Laurier student who was at Conestoga during Eating Disorders Awareness week from Feb. 3-7, says that statistically, eating disorders are on the rise in men, women and children.

"Typically (eating disorders) develop in the mid-to-late teens, but we're seeing it getting younger and younger. It is also on the rise in males now, as image pressure is starting to become more pronounced," said Riddell.

The most commonly recognized eating disorder is anorexia nervosa, characterized by drastic weight loss resulting from superfluous dieting and exercise. It is difficult to pinpoint the actual cause of anorexia, or why it occurs, because it differs among subjects and must be judged fittingly. Common characteristics include low self-esteem and a feeling of being out of control. In some cases a traumatic experience, such as physical or sexual abuse, may drive a person to anorexia.



(Photo by Halley McPolin)

Eating disorders can cause depression and feelings of alienation because sufferers feel no one understands their position.

The anorexic uses weight-loss as a means to control their lives in some way. Unfortunately, in the process, they lose the ability to control their compulsive dieting and are no longer able to judge their weight logically. No matter how dangerously thin the subject becomes, they continue to feel overweight. The fear of gaining weight pushes them to drop more and more, creating a vicious cycle of fear, paranoia and insecurity.

More often than not, it takes some sort of intervention followed by abundant psychological treatment in order to overcome the problem.

Common visual symptoms of anorexia nervosa include sudden and dramatic weight-loss, fatigue, a feeling of always being cold, physical weakness, dizziness or fainting, depression and irregular menstruation in women. Anorexics can

also become visibly uncomfortable around food, miss meals or simply pick at their food, obsess about calories and fat content and feel guilty about eating.

It is important to take these symptoms seriously, as an estimated 10 to 20 per cent of anorexics will die of the disease. Other medical complications include headaches, irregular heartbeat, constipation, osteoporosis, anemia, insomnia and cardiac arrest, which can lead to death.

The other commonly known eating disorder is bulimia nervosa. Unlike in anorexia, bulimics do not deprive themselves of food. Instead they will binge — often consuming large amounts of food in a short time — followed by purging by way of vomiting, laxative use, fasting, exercise and even enemas.

In many bulimics, the overwhelming feelings of shame and

embarrassment will force them to binge in secret, sometimes leading them to actually hide food in unusual places. Because they don't get most of the nutrients from the food they are consuming, many of the physical symptoms can be similar to that of an anorexic.

Physical symptoms also include drastic weight fluctuations, broken blood vessels and tooth decay (as a result of vomiting), bad breath, sore throat and swollen glands. Other symptoms can include bathroom visits after meals, laxative and diet pill abuse, repeated fasting and secretive binging.

Some of the health risks involved with bulimia are kidney and liver damage, enlargement of the parotid gland, peptic ulcers, gastric rupture and tooth decay as well as those mentioned in anorexia.

Compulsive eating is also considered an eating disorder. It is characterized by uncontrollable eating resulting in extreme weight gain. Usually compulsive overeaters employ food as a means to cope with their emotional problems, such as stress and depression. However, they will usually end up feeling guilty and isolated as a result of the weight gain and by using food as comfort, a ceaseless cycle begins.

The more weight that is put on, the more difficult the overeater feels it is to lose, leading to more bad feelings including shame and failure. Although opposite outcomes occur between overeaters and anorexics or bulimics, it is still a critical dilemma within our society today. Because it isn't taken as seriously, it is more difficult to diagnose and therefore often goes untreated.

There are many dangerous methods in which people will attempt to lose weight. Some popular diet pills contain the ingredient phenylpropanolamine combined with caffeine. Because the central nervous system is affected, symptoms such as dizziness, nausea, anxiety, insomnia, high blood pressure and increased heart rate can occur. Ephedrine is also found in some diet pills and has been linked to seizure, heart attack and stroke.

Fenfluramine (Fen-Phen), which has produced much media attention already, contains addictive qualities. Although the manufacturer has warned that the drug should only be used to treat obesity, many people who simply want to "lose a few pounds" were found to be purchasing the drug. According to the manufacturer, taking Fen-Phen for more than three months can possibly lead to a rare and fatal lung disease, primary pulmonary hypertension.

Because eating disorders have often been considered a taboo subject, many people do not receive the help they so desperately need. One of the most powerful tools to help stop this disease is awareness. If you or somebody you know has an eating disorder, education is an important first step to recovery.

Some helpful Web sites about eating disorders are: the homepage to the National Eating Disorders Association www.nationaleatingdisorders.org; the Eating Disorders Shared Awareness page at www.mirror-mirror.org; a site with information about compulsive overeating at www.overeatersanonymous.org, and a Web page dedicated to information for men, www.psychiatrictimes.com/p950942.html.

Reptiles and amphibians fascinating hobby

By MICHELLE TAYLOR

Beady eyes stare at you while another scaly creature emerges from beneath a rock.

They can be as small as a thumbnail or grow as long as six feet. Some have beautiful neon colours while others blend into the sand so well they can't be detected until they move.

This is the world of reptiles and amphibians. These fascinating, exotic creatures are an extreme hobby for many people. Whether you own a docile leopard gecko or a large iguana, herpetoculture (the keeping and breeding of amphibians and reptiles) can be simple or challenging.

Ryan Ivankovic, a sales and animal care associate for Global Exotic Pets, located on King Street North in Waterloo, said the fascinating thing about owning a reptile or amphibian is the environment you create for the creature. "You can create sort of a micro-habitat in your own house."

There are many different species and types of plants and moss to create your reptile's habitat. You can keep it as simple or as extreme as you wish.

According to Ivankovic, the popularity of this hobby is rising dramatically. He said most people start with a small, easy-to-handle creature and from there it "snowballs."

Leopard geckos are popular because they are easy to handle and don't require much maintenance. "They just need to be kept warm," he said.

The maintenance of a reptile or



(Photo by Michelle Taylor)

This Australian water dragon, sold at Global Exotic Pets in Waterloo, sits under a hot lamp to keep warm. Cold-blooded reptiles need plenty of ultraviolet light to keep warm.

amphibian depends on the species. Iguanas require a lot of care while snakes only need to be fed, on average, once a week. "The nice thing about having a snake is that you can go away for a week and not worry," Ivankovic said.

Iguanas can grow to six feet long and require a lot of maintenance and space. Global Exotic Pets does not sell iguanas because of this fact. "Some people just want something big they can feed rabbits to, but they don't know how to properly care for it," Ivankovic said.

Each sales associate makes sure the customer knows what he or she is getting into before they purchase an exotic pet. These cold-blooded

animals need ultraviolet (UV) light to regulate their temperature. Rainforest species need to be kept moistened as much as possible. "Many species lick moisture off the leaves," Ivankovic said, as he misted several plants which soon came alive with many small lizards. "Other species, such as frogs, absorb moisture through their skin."

What most people are unaware of is many species of reptiles and amphibians do not like to be handled. "Most creatures you have to treat like a fish," Ivankovic said. "It's not always in (the creature's) best interest to be picked up." For some species of frogs, our skin is toxic to them.

If you're looking for something to play with, Ivankovic recommends a docile species such as a bearded dragon or gecko. Both are types of lizards that tend to be friendly.

The hobby of caring for reptiles and amphibians can be expensive. Global Exotic Pets' most expensive animal is currently the Australian monitor lizard. Starting at \$475, this lizard can grow to be just under three feet. Then there is a cage to buy, nesting material and food.

According to Ivankovic, most reptiles and amphibians eat crickets, mealworms and snails. These are sold alive or in canned form. Ivankovic said they sell different species of crickets in order to add

variety to these exotic pets' diets.

Before you go out and buy just any reptile or amphibian, Ivankovic advises you do some research. "Know what you are buying before you buy it."

Know your city's regulations for exotic animals as well. According to Reptiles USA, a magazine for the reptile enthusiast, stores or breeders that sell reptiles in your area "will usually only offer species that are legal to own." It's best to check out your city's regulations to be sure.

Kitchener's bylaw prohibits any animal which is venomous or poisonous to be kept in captivity. It also prohibits animals that were caught in the wild, certain species of birds, and certain species of reptiles (some crocodiles for example).

It also states that certain reptiles, amphibians and fish will be added to the bylaw as a restricted or prohibited animal if "the danger the animal species may present to public health or safety is not minimal, or the danger the species may present to the local ecosystem is not minimal."

A restricted animal means the animal must be kept within certain boundaries. The city must be informed if it is to be given away, if it has died, if it is lost or if it attacks a person or animal.

A restricted animal can include a lizard which will grow more than two feet or a snake which will grow more than six and a half feet.

If the proper research is done, owner and reptile can enjoy a happy life together.

Cat's Meow makes pets purr with comfort

By MARCY CABRAL

As she puts the key in the lock and opens the door, she hears something racing towards her. She carefully places one foot inside as a cold, wet nose sniffs her shoes. She slowly enters the house and closes the door behind her, as the wet nose moves from her shoes to her pants and so on until it is comfortable with her. Big, lonely eyes look up at her face as she bends down to play with the dog and show it some affection.

For Amy Weber, this is all in a day's work. As co-owner of the Cat's Meow Pet Sitting, an in-home service company, she encounters all sorts of animals, from lonely, playful dogs, to dogs that don't want you in their home, to cats that go into hiding, never to be seen.

"Pets are more comfortable at home," says the veterinary technician, adding boarding is not usually conducive to what a pet needs or is used to.

As a technician at Westmount animal clinic, Weber and her partner, Julie Hawkins, also a technician at the clinic, saw a need that was not being met. Most animal clinics do not offer pet boarding, and animals do best in an environment they know and trust.

So between the two, an idea formed to meet the demand, and the business took off from there. First, they started offering the service as an aside to clients they knew at the clinic, but when it garnered

success they decided to try it out in the community.

They got the business registered and then they had to become insured and bonded. They are both insured in terms of liabilities to the animals and bonded for a specific amount by the insurance company. Being bonded gives them protection from being accused of stealing or damaging items in a client's home. If a claim is made the insurance company will look into it and the bonding coverage will handle the damages. Weber believes being insured and bonded gives their clients a sense of ease.

"When you're bonded, your trustworthy because someone is vouching for you. It makes you more legitimate," she says.

After taking care of the two most important steps in starting the business, next they decided to start advertising.

"We put flyers and business cards in all the vet clinics," she remembers. "And we've also put our name in the Phone Guide. But we've had a lot of word of mouth."

The company charges a flat fee of \$12 per visit for both cats and dogs, regardless of how many animals there are, and offers a student rate of \$10 per visit. For cats, the fee includes scooping the kitty litter, filling the food dish, and if the cat is social they will stay and spend some time with it. For dogs, however, it includes feeding them, taking them for walks and playing with them.

Most often, cats are visited once



(Photo by Marcy Cabral)

Amy Weber, co-owner of the Cat's Meow Pet Sitting company, plays with Quishu, one of her four cats. Her love of animals pushed her to become a veterinary technician and to open a business.

a day, unless otherwise requested by the owner, and dogs are seen two to three times a day.

However, if the owner is leaving for an extended period of time, Weber and Hawkins have been known to take dogs into their homes at a charge of \$30 per day. But this is only done if the pet is good with other animals and children. If not, then they recommend boarding the animal.

Owners are requested to write out specific instructions detailing the animal's daily routine, so the animal's day-to-day life is not too disrupted.

"If your pet has a routine then

we'll do our best to accommodate it, if that's what they're used to," she says. "Something has already changed for them with their owner gone, so we'll just try to keep them as comfortable as possible."

However, Weber makes her clients aware that sometimes it's impossible to keep the routine at the exact time, as the company does have other clients, but they will do the best they can.

The company also asks clients to call in and book the service as soon as the owners are aware they will be requiring pet sitting. This is to ensure Weber or Hawkins is available and to allow time for a pre-

visit with the animal and the owner. This visit is done so the animal can get to know Weber or Hawkins and so the owner can go over any and all instructions.

Although the company has only been officially operating since December 2002, Weber still has high expectations for the Cat's Meow.

"Ideally, it would be great to have it as a business where you don't need to have another job. But right now we're playing the wait-and-see game, and hoping to get new clients. But, overall, I'm happy with the way the business is heading."

Psychic helps you analyse dreams

By ANDREA SMITH

Some people may not remember them, but everybody dreams at least three to five times a night.

"Unfortunately, we forget almost 95 per cent of our dreams within the first five minutes of waking (up)," said Joseph Valkos, also known as Dan Valkos, a psychic and teacher who gives lectures at different colleges and universities, in a lecture on dreams and their meanings.

Valkos suggested keeping a dream diary if you would like to remember your dreams. Keep a piece of paper and a pencil beside your bed and record your dreams as soon as you wake up. He also suggested keeping a tape recorder in your washroom so that when you go to the bathroom in the morning, you can record the dream while it is still fresh in your mind.

"My research shows that the vast majority of people who do not remember their dreams in the morning had a series of very traumatic nightmares when they were a young child. Their minds have decided that because those dreams were scary, all dreams must be scary so they are not going to recall any of them," said Valkos.

There are six types of dreams. They can be symbolic, pre-cognitive, post-cognitive, pre-cognitive or post-cognitive symbolic, silly, or a nightmare.

Symbolic dreams teach you or help you understand something about a present situation or past problem. They may also assist you in understanding more about yourself.

"The best person to figure out what a dream means is you, the dreamer," said Valkos.

Symbolic dreams will use various things as metaphors to help you understand what is, what will be, or what has happened in your life.

"Most of the time, symbolic

dream meanings are usually unique to the dreamer themselves," said Valkos.

For example, alcohol or drugs in a dream can mean an escape from a situation, being naked could mean that you are self-conscious about yourself or you are feeling exposed, and dreaming about teeth could mean a person is being too gossipy.

There are too many symbols to name them all. Things such as birds, babies, sex, death, colours, cars, cats, falling, and more, all have different meanings.

A pre-cognitive dream is when you have a dream about a future event.

"(These) dreams are sort of an actual preview of an event and the dream will usually reflect exactly how that event is going to unfold," said Valkos.

There are two types of pre-cognitive dreams. Valkos calls them major pre-cog and minor pre-cog.

"We may have a minor pre-cognitive dream at least three times in a week, but the major pre-cognitive dreams we may only have three times in a lifetime. Minor pre-cogs are usually brief and will almost always deal in a trivial or minor event."

For example, you may dream that you are sitting in your bedroom doing your homework and the lights will flicker. Then your mother comes in and asks you if you want some cookies she just baked and you wake up.

Months later you may experience the same thing happen, only in real life.

"This can be a bit unnerving but it is very common," said Valkos, adding, "The French call this *déjà vu*. It is nothing more than a minor pre-cognitive dream."

Major pre-cognitive dreams are rare and people aren't likely to forget them.

Valkos said you will remember the dream for weeks or even years. They are usually catastrophic or cataclysmic in nature.

"If the dream is of a loved one or a friend, it is always a dream designed to help you prepare for their death. Most of the time, these dreams will occur the night of the accident or right as the accident is happening."

Major pre-cognitive dreams that include strangers usually deal with a mass transportation disaster such as train wrecks, boats sinking, planes crashing, etc.

"With the major pre-cogs dealing with strangers, the dreams are usually repetitive, and the frustrating thing about them, is you are not exactly given enough information to do something about them," said Valkos.

Post-cognitive dreams are about the past. They are memories of what has happened in either your current life or of a prior lifetime.

Dreams of a prior lifetime are called past-life recall dreams. They are dreams when you remember life on another planet.

A pre-cognitive symbolic dream will have a symbol showing a glimpse of a possible future event.

Valkos said these dreams might also be about somebody else's future.

A post-cognitive symbolic dream is the exact opposite of a pre-cognitive symbolic dream.

You will dream of symbols that deal with your past.

"You will have these types of dreams if you are attempting to work out problems from your past," said Valkos.

He believes that all pre-cognitive and post-cognitive symbol dreams are meaningful.

"If they are repeating themselves, begin to record them immediately and you will be able to solve the problem or find the answer (faster)."

Silly dreams are just that, dreams that are silly.

There are three basic categories of silly dreams: the simply silly, the super hero silly and the erotic silly.

The types of silly dreams can either be separate or mixed together.

"The best rule of thumb in analyzing a silly dream is not to. Most of these types of dreams do not have any real meaning and for the most part, should be taken at face value," said Valkos.

He said these dreams are basically when the brain is tired and wants the night off.

"They are subconscious drunken parties."

A superhero silly dream is when you dream of having superhero strength. You are the star of the dream and are able to do things that are normally impossible to do such as fly, lift heavy weights, or run fast.

Erotic silly dreams are of an explicit sexual nature. Valkos said they could be just fantasies triggered by daytime frustrations or you could be fooling around with yourself in your sleep.

"There are three big advantages in this type of encounter. One, there is no way you can get pregnant, two, there is no way you can pick up any diseases, and three, it will not hold up in a divorce court," jokes Valkos.

According to the psychic, almost all of the erotic silly dreams that are dreamt by females reach a satisfying conclusion, and only about 10 per cent of all male dreams do.

A nightmare is a dream that is meant to scare you.

There are four types of nightmares: constructive, self-induced, punitive, and repetitive.

"A constructive nightmare is an extremely upsetting dream or series of dreams that use your own dream symbolisms as a means to communicate a point or lesson to you. These dreams can get progressively worse until the point finally dawns on you," said Valkos.

The best way to stop a constructive nightmare is to face whatever the dream is trying to tell you.

For example, if you are dreaming that you are running away from something that is following you, stop, turn around, and try to destroy it.

Self-induced nightmares are exactly that, self-induced. They are caused by an event during the day, or a thing or person that we fear.

Valkos said that punitive nightmares are dreams created by your subconscious to punish you for your sins (whatever you believe a sin is) that you feel you may have committed during the day. He said that you are really punishing yourself in your dream.

"The best way to eliminate these types of dreams is to make restitution for a theft or forgive yourself."

A repetitive nightmare is a nightmare that will repeat itself.

"These dreams will keep repeating themselves until you finally do something about it," said Valkos.

"We dream to sort out our subconscious memories, and to allow ourselves to learn," he said, adding, dreams also teach us, give us the opportunity to relax and have our fantasies come true in our dreams. Dreams are also necessary for the mind's well-being."

If you are interested in learning more about dreams, surf the Web or visit your local library.

"Use your dreams and utilize the dream world. It is there to assist you in this strange, bizarre and beautiful world that we live in. Pay attention to the dream part of yourself and the rest of the living will be so much easier," said Valkos in the lecture.

Next Meeting - March 6

CALLING ALL GLBT STUDENTS

* Looking to meet new people

* Looking for people who you can relate to

* Looking to talk about issues in the community

* Looking for a place to express your views

Then come out to meetings of

GAY LESBIAN BISEXUAL TRANSGENDERED STUDENTS

and see what it's all about.

Location: Doon Campus

Date: Thursday, March 6

Time: 4:30pm

For more information and room location contact Jamie at 20056KUL@conestogac.on.ca

or Heather at edderm@yahoo.com or inquire at Student Services

Let us know if you are interested but can't make this date.

(Photo by Andrea Smith)

Diamonds are a girl's best friend

Rhonda Connery, a graphic design student, looks at a jewelry stand by Door 4. The stand was set up by Humber Silver Jewelry.



The Symposium not your traditional coffee shop

By SINEAD McGARRY

The local doughnut diner just isn't cutting it anymore.

Coffee shops are evolving, and now offer customers exotic entrees, desserts and specialty drinks. The Symposium, located on 2 King St. in Waterloo, has been "redefining the café experience since 1996" and the packed café is proof that this new era of coffee and drinks is in high demand.

As I walked into the café the aroma of fresh pies baking in the oven and Irish cream coffee filled the air. Over-sized couches and loungers offer customers the comfort they want, whether enjoying a roast beef meal, or a quick herbal tea. Whether you are just meeting friends or on a first date, the original concept of this café offers a relaxed atmosphere.

The interior showcases prints by Raphael and the Renaissance period. The School of Athens painting which is the centerpiece in the café, depicts a gathering of philosophers exchanging ideas at a dinner table which is what customers do when visiting.

"The attention to detail along with our visual enhancements have been extremely well received, keeping us on the leading edge of restaurants and cafés," says the Symposium Web site. This is definitely an upscale coffee shop with affordable prices for students.

After realizing that this café wasn't the usual coffee and cake outlet, I had a hard time deciding what to choose from the menu. My roommate and I were escorted to one of the large couches and were given a glass of water to start before ordering.

The specialty drinks caught our eyes. I ordered the hot chocolate topped with whipping cream and my companion ordered a Moccachino. Bubble tea is also a favourite of many customers, who you can choose from strawberry-, kiwi- or honeydew-flavoured

tapioca beads that float in the tea. Steamers also offer an alternative to the average cup of coffee. Steamed milk is mixed with amaretto, hazelnut, vanilla or Irish cream for that extra bit of flavour.

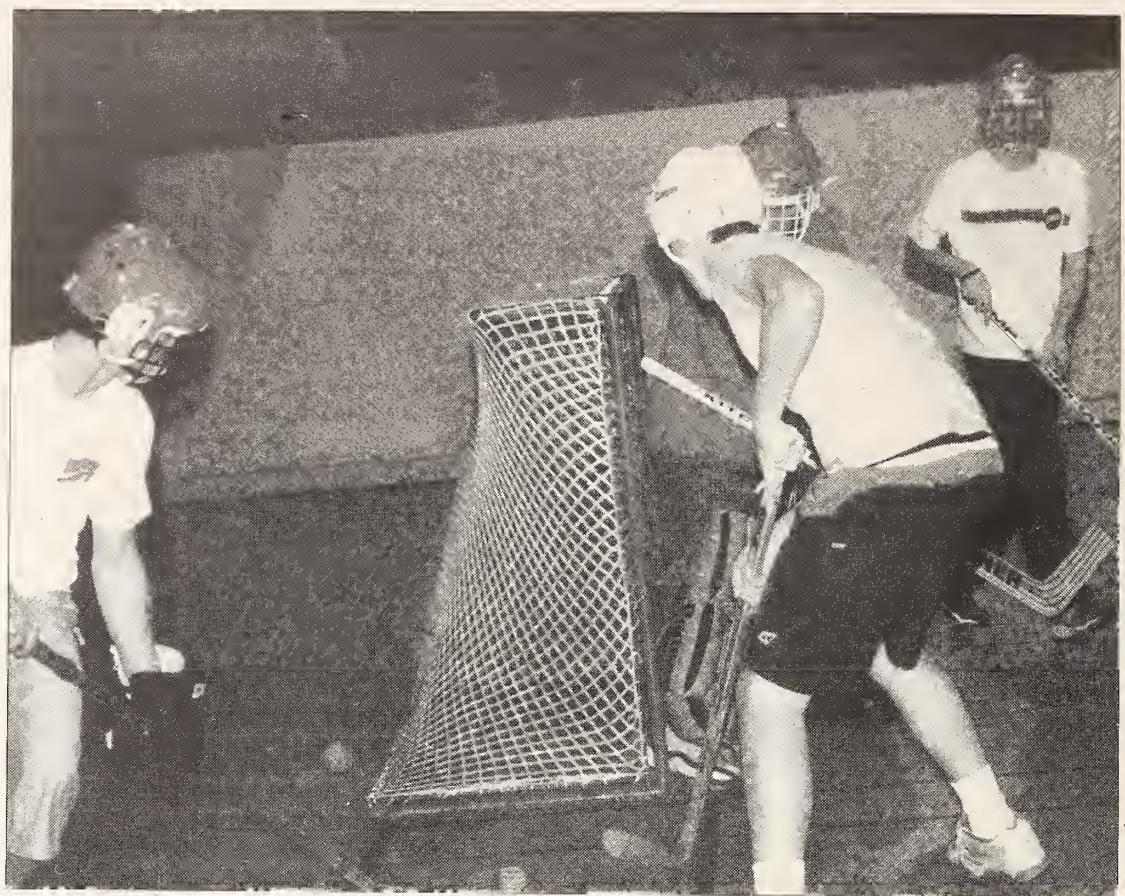
The main course menu included Ravioli pollo, grilled gourmet sandwiches and gourmet wraps. I chose the sesame thai chicken salad. For \$6.45 I enjoyed delicious pieces of chicken, peppers, almonds, and shredded carrots in sesame dressing with organic green lettuce. My guest chose the cheese and spinach lasagna which combined spinach, ricotta, romano and Parmesan cheese and was coated with a zesty tomato sauce over homemade pasta shells. The main entrée came with bread and cost \$7.50.

Choosing dessert is where problems arose. Our eyes were bigger than our stomachs.

Cakes were enclosed in glass where onlookers stared as their mouths salivated. The waitress described the nine different cakes in detail while we contemplated for a few minutes. Choosing between a mixed fruit cheesecake, the truffle royal, triple berry fruit pie, and chocolate mouse cake was difficult. So, instead, I chose two crepes. The first was covered with vanilla ice cream and strawberries and the second had chocolate ice cream and bananas. Both were covered with chocolate syrup and whipping cream. I had about three bites and stopped; that was all I needed to satisfy my sugar craving.

The New York-style fudge brownie cheesecake was my guest's choice. The huge slab of cheesecake was covered with fudge, brownies and chocolate sauce, perfect for a chocolate lover.

Overall, our experience at the Symposium café was enjoyable, especially since we left with two doggy bags full of crepes and brownie cheesecake. With 10 cafés across Ontario, search for the closest one to you, at www.symposiumcafe.com.



(Photo by Kate D. Vandeven)

Ball hockey, along with other intramural sports offered at the college, is a great way for students to get exercise, meet people and let off some steam.

Intramurals offer fun and exercise for students

By KATE D. VANDEVEN

If you like playing sports, but hate playing competitively, than intramurals are just the activity for you.

Ball hockey, flag football and volleyball are just some intramural sports that are offered at the college's recreation centre.

Intramurals begin in September with outdoor sports such as co-ed slo-pitch and flag football.

These end during the winter months, when co-ed volleyball, basketball, ball hockey, non-contact hockey, and indoor soccer begin.

All intramurals end in March and until then, are played four days a week.

Marlene Ford, athletic director, said numbers in the past couple of years have been increasing for soccer, but decreasing for basketball.

She said she does not have a reason why basketball numbers are dropping.

She thinks soccer numbers are increasing because it is a worldwide sport.

Conestoga also has a wide range of students with different ethnic backgrounds.

However, Ford said decreasing numbers are not a problem because they have a lot of students who play intramural sports.

When asked about the double cohort, Ford thinks numbers will increase for each sport, but she doesn't think it will effect intramurals too much.

She hopes in the future to come up with a way to expand intramurals to allow more teams to play because she said she hates having to turn teams away, which usually happens with hockey teams.

Ford would also like to see the number of participants for intramurals, particularly basketball, volleyball and flag football, increase.



(Photo by Kate D. Vandeven)

Intramural ball hockey is played every Monday and Wednesday in the gym at the rec centre.

DROP BY THE RECREATION CENTRE TODAY AND TAKE PART IN A HEALTHY LIFE STYLE



FITNESS SCHEDULE - JANUARY 13th - APRIL 17th, 2003



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Shinny Hockey/11:00 am-12:50 pm	Public Skating/11:00 am-12:50 pm	Aerobics/7:00 am-7:50 am	Step Aerobics/7:00 am-7:50 am	Shinny Hockey/11:00 am-12:50 pm	Yoga/9:00 am-10:20 am
Yoga/12:10 pm-12:50 pm	Stability Ball/12:10 pm-12:50 pm	Yoga/12:10 pm-12:50 pm	Yoga/12:10 pm-12:50 pm	Shinny Hockey/11:00 am-12:50 pm	Tai Chi/10:30 am-11:50 am
Step & Tone/4:30 pm-5:20 pm	Pilates/4:30 pm-5:20 pm	Body Blast/4:30 pm-5:20 pm	Stability Ball/4:30 pm-5:20 pm	Shinny Hockey/11:00 am-12:50 pm	Tai Kwon Do/(ages 4 - 12) 12 pm-1:20 pm
Cardio Knockout/5:30 pm-6:20 pm	Boot Camp/5:30 pm-6:20 pm	Stability Ball/5:30 pm-6:20 pm	Kickboxing/5:30 pm-6:20 pm	Shinny Hockey/11:00 am-12:50 pm	Tai Kwon Do/(ages 13+) 1:30 pm-2:50 pm
Kickboxing/6:30 pm-7:20 pm	Latin Dance/6:30 pm-7:20 pm	Kickboxing/6:30 pm-7:20 pm	Self Defence/6:30 pm-7:20 pm		
Yoga/7:30 pm-8:30 pm	Karate/7:30 pm-8:30 pm	Yoga/7:30 pm-8:30 pm	Latin Dance/7:30 pm-8:30 pm		
Self Defence/8:30 pm-9:30 pm					



CONESTOGA
COLLEGE
ATHLETICS &
RECREATION

MEN'S VARSITY HOCKEY HOME GAME

WEDNESDAY, JANUARY 22nd, 2003

7:30 pm

VS SIR SANDFORD FLEMING COLLEGE

\$10,000

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- Computer Engineering Technician
- Computer Science
- Computer Networking and Technical Support
- Vehicle Technician
- Electrician
- Industrial Mechanic (Millwright)
- Power Lineman
- Marine Engine Mechanic
- Plumbing and Heating Technician
- Dental Clinical Assistant
- Security and Law Enforcement

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CSI Events for March 2003

Enjoy Free Pleasure and other awesome festivities provided by your student association!

**C O N E S T O G A
S T U D E N T S I N C.**

March 3	March 4	March 5	March 6	January 3
CSI Elections in Sanctuary (11:30 - 1:30)	CSI Elections in Sanctuary (11:30 - 1:30)	CSI Elections in Sanctuary (11:30 - 1:30)	X-Box Campus Invasion in the Sanctuary	CSI Pub Crawl (tickets \$10)
	X-Box Campus Invasion in the Sanctuary	X-Box Campus Invasion in the Sanctuary	Mardi Gras Blast in the Sanctuary (Doors open at 9pm)	
March 10	March 11	March 12	March 13	March 14
		Ryan Belleville Comedy in the Sanctuary (11:30)	St. Patrick's Day Salute to Green Beer in the Sanctuary (9:00 - 1:00)	
	Twisted Tuesday			
March 17	March 18	March 19	March 20	March 21
St. Patrick's Day Salute to Guinness and Bailey's in the Sanctuary (Doors open at 9pm)	Twisted Tuesdays	Russel Peters Comedy in the Sanctuary (11:30)	Tony Lee XXX Hypnotist and Gavin Stephens Comedy in the Sanctuary (Doors open at 7pm)	
March 24	March 25	March 26	March 27	March 28
		Steve Patterson Comedy in the Sanctuary (11:30)		
	Twisted Tuesdays			
March 31				

Check the Id Boards for more info!